

## **ABSTRACT**

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### ***WATERMELON JUICE AS AN AFFORT TO REDUCE BLOOD PRESSURE OF HYPERTENSION PATIENTS BOOKLET MEDIA***

#### **SUMMARY**

**Background** : Hypertension or high blood pressure disease is a chronic condition characterized by increased blood pressure on the walls of the arteries. A person is considered hypertensive if the systolic blood pressure is more than 140 mmHg and the diastolic pressure is more than 90 mmHg. Symptoms in people with hypertension include headaches, nape stiffness and discomfort, a feeling of spinning like seven circles, feeling like a pounding or fast heartbeat, and ringing in the ears. Handling of hypertension includes drug administration, weight loss and exercise, improving an unhealthy lifestyle and watermelon juice therapy that can be given to clients to reduce high blood pressure. The prevalence of hypertension global is 22%, in Africa it is 27%, Southeast Asia is 25%. And in Indonesia, the prevalence of hypertension over the age of 18 reached 34,11%, south Kalimantan reached 44,13%. **Purpose** : Knowing the making of Information and Education Communication (IEC) media regarding the therapy of giving watermelon juice to reduce high blood pressure. **Method** : The method used is using IEC media in the form of booklets as a promotional medium which contains watermelon juice making and watermelon juice content to reduce hypertension. **Result** : The printed media for IEC in the form of booklets can be given to the general public to increase knowledge and insight. **Conclusion** : As a medium for promoting education and information to the public, especially for people with high blood pressure in overcoming blood pressure

*drops.*

***Keywords :*** *Hypertension, Watermelon Juice.*